

Dear pregnant woman, dear expectant parents,

in Germany every woman can make use of midwife help. It is your right during pregnancy, childbirth and childbed to consult a midwife. Normally the fee is paid directly from your health insurance to the midwife. You don't have any costs.

What does a midwife do?

Midwives operate either on their own responsibility or in cooperation with a gynecologist during all preventive medical check-ups. They answer your questions around pregnancy and offer help if you are in trouble (i.e. morning sickness, pains, storage of water in the tissue and premature labor).

They also offer prenatal classes for singles (expectant mothers) or couples. Further information you'll find on this website under „courses“.

Midwives accompany you also, if being expectant turns into mourning. After a miscarriage the midwife may visit you at home to prevent a uterine abrasion (curettage) and gives you time and space to say good-bye and to let go.

Midwives assist you during childbirth in all hospitals. In case of a normal pregnancy without any complications you may give birth to your child with the help of a midwife not in a clinic but either at home or in a special maternity house.

Your midwife will accompany you and your child up to 12 weeks after birth (in case of need even longer) at home. She is watching the development of the child, possible icterus of the baby, its behaviour during drinking and sleeping, the increase of its weight and gives you advice about the navel, umbilical blennorrhoea and baby care. She is also helping you if you have questions about the nutrition of the baby especially with breast feeding. Last but not least she controls the remission of your uterus and she is taking care of all after effects of birth.

How do you find a midwife?

Unfortunately there are not enough midwives for all families in Wiesbaden based on political and financial reasons. Therefore you should look for a midwife as soon as possible during your pregnancy. To be successful it is helpful to look for a midwife in your neighbourhood. A list of all midwives we show on this website, besides it is recommended to contact the labor rooms and ask for placement of a midwife.

If there is still no midwife available we will try to arrange for you home visits by a midwife at least for the first two weeks after giving birth. These are just single visits and they can't replace a continuous treatment of a midwife during childbed. But in

case of emergency they can help you. Additionally we arrange open consultation hours with midwives on different days and places during the week. Get in contact as soon as possible after your child is born and ask for help if needed.

Medical advice on the phone is not possible.

Contact us → and give the following informations:

- name
- your phone number
- area you live in Wiesbaden
- birthday of your child

Phone: 0611 360 8 260 (Tuesday and Thursday 5 – 7 p.m.)

Mail: info@wiesbadenerhebammen.de

If you don't speak German at all, it might be helpful to organize yourself somebody to be available and translate.

In urgent cases please contact your hospital, your paediatrist, your gynecologist, or the emergency medical assistance service, phone: